**Food I & Food II Student Journal Syllabus**

This Journal will be a working document that will be your learning and experience chronicle for the remainder of the school year. It will be 25% of your grade. It should be kept in a three ring binder and will be updated and reviewed by the teacher weekly. KEEPING THIS JOURNAL CURRENT IS MANDITORY AND YOU WILL NOT BE ALLOWED IN THE KITCHEN UNLESS IT IS CURRENT AND HAS BEEN APPROVED BY THE TEACHER.

Gathering the menus can be done on-line. A reference list from your text books will be provided at the bottom of this sheet to further assists you. From these recipes, we will identify things to cook so be sure to get all the information for the recipe – Ingredients and Directions.

RECOMMENDATION: Don’t get complicated recipes. Time and ingredients are important to think about when deciding what you want to prepare. Simpler is better – it’s all about flavor, not how much “stuff” goes into a recipe.

1. Menu Planning
2. Create a Menu for 30 days using the supplied Menu Planner. This menu will consist of *Food for* *the Family*. Think about your own family and what they like to eat. You will have to provide a **complete meal** for breakfast, lunch, dinner and a snack seven days a week for a full 30 days. Include fruits and vegetables, calcium-rich foods, grains and whole grains, lean and high fat proteins.
3. Create a Menu for 30 days using the supplied Menu Planner. This menu will consist of *Junk Foods*. You will have to provide a **complete meal** for breakfast, lunch, dinner and a snack seven days a week for a full 30 days. These can include fruits and vegetables, calcium-rich foods, grains and whole grains, lean and high fat proteins. Think deep fried, sugar-coated – go crazy.
4. Create a Menu for 30 days using the supplied Menu Planner. This menu will consist of *only Highly Nutritional Foods* provide a **complete meal** for breakfast, lunch, dinner and a snack seven days a week for a full 30 days. Include fruits and vegetables, calcium-rich foods, grains and whole grains, lean and high fat proteins. You also must include all nutritional information: Calories per serving; fruit group; vegetable group; grains group; meat & beans; milk group, oils- saturated/unsaturated (grams); sugars refined/organic (grams).

*Chapter References:* **#1** Guide to Good Food Chapters 1 & 2 – Foundations Chapters 9 & 11

**#2** Guide to Good Food Chapter 24

 **#3** Guide to Good Food Chapter 2, 4, 11, 14, 15, 16, 17, 18, 19 ,20, 21

Foundations – Chapter 5.3, 9, 11

*Searching the Web:* “Meal Planning” will take you to numerous websites KEEP **IT SIMPLE**